



CALENDAR OF EVENTS FOR



January 2026



DATES	ACTIVITIES
Tuesday, January 6, 23, 20, 27	
12:00 – 3:45	✓ Snack Bar Café
12:00-4:00	✓ Drop in Ping pong, darts ✓ Scrabble/Euchre/Crib and puzzles ✓ Learn/join - Knitting/Crocheting/cross stitching/quilting
1:00-2:00	✓ Chair Zumba class with Isabelle
2:10-3:10	✓ NEW - Stand up Zumba class with Isabelle
Wednesday, January 7, 14, 21, 28	
9:30 – 11:45	✓ Snack Bar Cafe
10:00 – 11:00	✓ Music jamming & Singing with AVA ✓ Fitness class with Darlene
10:00 – 11:45	✓ NEW Beginners – The Art of Water Colour 12 week class (sign up only)
Thursday, January 8, 15, *22, 29	
12:00 – 3:45	✓ Snack Bar Cafe
12:00-4:00	✓ Drop in Ping pong, darts ✓ Scrabble/Euchre/Crib and puzzles ✓ Learn/join - Knitting/Crocheting/cross stitching/quilting
1:00-2:00	✓ Fitness class with Darlene
2:15- 3:00	✓ NEW - Drum Fit exercise class 4 week class
*Thursday, January 22nd	
2:15 – 3:15	✓ Home Hospice North Lanark Information Session ✓ 211 and 811 explained

Activities, workshops and seminars are added to the calendar throughout the month. Become a member to stay informed.

Annual memberships (resident: \$26.50, non-resident: \$42.75) are available at the CP Arena.

Call (613) 257-1690 for more information or email thestationalc@gmail.com

Friday schedule





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January 2026



Quilting starts in February on Fridays. Final sign up and choices made during the month of January

DATES	ACTIVITIES	COST (where applicable)
Friday, January 9th		
10:00-12:00	<ul style="list-style-type: none"> ✓ Craft with Lynda ✓ The Art of Water Colour (Intermediate) ✓ Learn/Play Mahjong ✓ Learn a new card game – Phase 10 	\$4
12:00-12:40	<ul style="list-style-type: none"> ✓ Line Dancing for Beginners 	
1:00-3:00	<ul style="list-style-type: none"> ✓ Learn/Play Euchre and/or Mahjong (Prizes) 	\$2 for Euchre
1:30-2:15	<ul style="list-style-type: none"> ✓ Chair Exercises with Dr.Legate 	
Friday, January 16th		
10:00-12:00	<ul style="list-style-type: none"> ✓ Craft – Jewelry Making with Jaime-Lynne ✓ The Art of Water Colour (Intermediate) ✓ Learn/Play Mahjong 	\$4
12:00-12:40	<ul style="list-style-type: none"> ✓ Line Dancing for Everyone 	
1:00-3:00	<ul style="list-style-type: none"> ✓ Learn/Play Euchre and BINGO (prizes) 	\$2 each
1:30-2:15	<ul style="list-style-type: none"> ✓ Chair Exercises with Dr.Legate 	
Friday, January 23rd		
10:00-12:00	<ul style="list-style-type: none"> ✓ Craft – Jewelry Making with Jaime-Lynne ✓ The Art of Water Colour (Intermediate) ✓ Mahjong 	\$4
11:30-12:30	<ul style="list-style-type: none"> ✓ Lunch Bunch – Chili and a bun 	\$5
	<ul style="list-style-type: none"> ✓ Line Dancing for Everyone 	
1:00-3:00	<ul style="list-style-type: none"> ✓ Learn/Play Euchre and/or Mahjong (Prizes) 	\$2 for Euchre
1:30-2:15	<ul style="list-style-type: none"> ✓ Chair Exercises with Dr.Legate 	
Friday, January 30th		
10:00-12:00	<ul style="list-style-type: none"> ✓ Make and Take Sourdough with Lynda ✓ The Art of Water Colour (Intermediate) ✓ Mahjong 	\$5
12:00-12:40	<ul style="list-style-type: none"> ✓ Line Dancing for everyone 	
1:00-2:15	<ul style="list-style-type: none"> ✓ Learn/Play Euchre and/or Mahjong (Prizes) 	\$2 for Euchre
	<ul style="list-style-type: none"> ✓ NO Chair Exercises 	

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